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Laboratory Report (Advanced Well Woman Blood Test)

CLIENT
Surname : **HABANOVA**
Forename : **VIKTORIA**
D.O.B. :   **4-JUL-1984**
Sex :   **F**

Observation Date : **24-APR-2025**
PID :   **2021085296**
Laboratory :   **Inuvi Diagnostics**

Our laboratories are regulated by the CQC and are fully UKAS accredited.

Doctor's Overview

Hi Viktoria

I understand you are taking this test today to optimise your health. It's great you are being proactive about your health. Let's take a look at your results:

Great news! Most of your results are completely normal, giving no reason for concern. As you can see by the green bars, everything looks good overall. However, there are a few points that I would like to highlight for you.

CHOLESTEROL STATUS:
It is great to see an improvement in your LDL levels - keep up the excellent work!

IRON STATUS:
Your ferritin, which is a good measure of your iron stores, is normal but towards the lower end of the normal range. There is scope to improve it by increasing your dietary iron intake (beans, lentils, tofu, dark green veg, and chicken & lean beef if you eat meat). You can pair these with high vitamin C sources to help absorb your iron better.

HORMONES:
Your oestradiol result is high. Causes of raised oestradiol include medications like HRT, carrying excess weight, alcohol excess, liver disease, and stress.

Some ovarian tumours can release oestrogen, but these are rare. Raised oestradiol in women can cause acne, constipation, loss of sex drive and low mood. If your result is unexpected, you took a finger prick test, and you use hormonal gels, creams, or pessaries, your result may be falsely raised due to skin contamination.

This occurs when your testing finger has been in contact with any hormonal gels or anyone using these in the last 4 weeks. If you believe this applies to you, I advise you to arrange a repeat test.

SUMMARY:
In summary, a very positive set of results with most of your biomarkers being in the normal range. Keep up the excellent work!

There are a few things you can do to optimise your health even further which I've listed above.

If you are interested in learning more about your results, you have the option to make an appointment with our partner GP consultation service, Doctor Care Anywhere. Please note that while the GPs at Doctor Care Anywhere can discuss your results with you, they cannot prescribe treatments for ongoing conditions that require long-term monitoring and follow-up.
If you have any queries don't hesitate to contact me,
I wish you all the best,
Dr Ahmed

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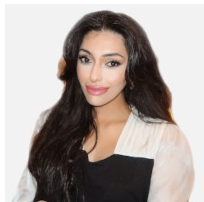
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Dr. Asia Ahmed

MBChB MRCGP

GMC Number: 7458827

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Red Blood Cells

Haemoglobin

126 g/L

Please note Prolonged storage in EDTA may result in
falsely raised MCV, HCT, RDW and MPV with a falsely
lower MCHC. Delays in testing can also adversely affect
the WBC count and Diff. Treat results with caution.

(Range: 115 - 165)

Haematocrit	0.382 L/L (Range: 0.37 - 0.47)
Red Cell Count	4.03 10^12/L (Range: 3.8 - 5.8)
MCV	94.7 fL (Range: 80 - 100)
MCH	31.1 pg (Range: 27 - 32)
MCHC	329 g/L (Range: 320 - 360)
RDW	12.5 % (Range: 11.5 - 15)

White Blood Cells

White Cell Count	5.3 10^9/L (Range: 3 - 11)
Neutrophils	3.0 10^9/L (Range: 2 - 7.5)
Lymphocytes	1.72 10^9/L (Range: 1.5 - 4.5)
Monocytes	0.36 10^9/L (Range: 0.2 - 0.8)
Eosinophils	0.20 10^9/L (Range: 0 - 0.4)
Basophils	0.080 10^9/L (Range: 0 - 0.1)

Clotting Status

Platelet Count	214 10^9/L (Range: 150 - 450)
MPV	10.2 fL (Range: 7 - 13)

Kidney Health

Urea	4.5 mmol/L (Range: 2.5 - 7.8)
Creatinine	64 umol/L (Range: 55 - 100)
eGFR	>90 ml/min/1.73m2 (Range: ≥ 60)

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Liver Health

Bilirubin	11 umol/L (Range: < 22)
ALP	35 U/L (Range: 30 - 130)
ALT	16 U/L (Range: < 34)
GGT	15 U/L (Range: < 38)

Proteins

Total Protein	75 g/L (Range: 60 - 80)
Albumin	47 g/L (Range: 35 - 50)
Globulin	28 g/L (Range: 19 - 35)

Diabetes

HbA1c   30 mMol/Mol

HbA1C Reference range as per NICE guideline
[NG17/PH38/NM148]
<42: Non-diabetic
42 - 47: Impaired glucose regulation/increased risk of
diabetes mellitus
>48: Consistent with diabetes mellitus/impaired glucose
regulation

(Range: 20 - 42)

Cholesterol Status

Total Cholesterol	x 5.04 mmol/L (Range: < 5)
LDL Cholesterol	2.68 mmol/L (Range: < 3)
Non HDL Cholesterol	2.90 mmol/L (Range: < 4)
HDL Cholesterol	2.14 mmol/L (Range: > 1.2)
Total Cholesterol : HDL	2.36 Ratio (Range: < 6)
Triglycerides	0.48 mmol/L

Fasting: <1.8 mmol/L
Please note non-fasting range now given as primary
range.

(Range: < 2.3)

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Inflammation

CRP HS

0.96 mg/L (Range: < 3)

Gout Risk

Uric Acid

259 umol/L (Range: 140 - 360)

Iron Status

Iron

24.2 umol/L (Range: 10 - 30)

TIBC

61 umol/L (Range: 45 - 81)

UIBC

36.8 umol/L (Range: 13 - 56)

Transferrin Saturation

40 % (Range: 25 - 45)

Ferritin

62 ug/L

Please note change in ref range for females in line
with NICE recommendations.

(Range: 30 - 207)

Minerals

Magnesium - Serum

0.96 mmol/L (Range: 0.7 - 1)

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Vitamins

Folate - Serum

▮ >45.4 nmol/L

Please note: A Folate result between 7-13 nmol/L may
indicate a possible Folate deficiency.

(Range: > 7)

Vitamin B12 - Active

▮ 127.0 pmol/L

Please note change of reference range 29 Jul 2024.

(Range: > 37.5)

Vitamin D

▮ 111 nmol/L

Total 25(OH) vitamin D < 25 nmol/L is deficient.
Total 25(OH)D of 25-50 nmol/L may be inadequate in some
people.
Total 25(OH)D > 50 nmol/L is sufficient in most
individuals.
Total Vitamin D level >250 nmol/L - indicates potential
for toxicity.

Please note change of reference range 23 Oct 2022

(Range: 50 - 250)

Thyroid Hormones

TSH

▮ 1.990 mIU/L   (Range: 0.27 - 4.2)

Free T3

▮ 4.1 pmol/L   (Range: 3.1 - 6.8)

Free Thyroxine

▮ 13.9 pmol/L   (Range: 12 - 22)

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Hormones

FSH

3.2 IU/L

Male - FSH (IU/L)

1.5 - 12.4

Female - FSH (IU/L)

Follicular 3.5 - 12.5
Ovulation 4.7 - 21.5
Luteal 1.7 - 7.7
Post-meno 25.8 - 134.8

Please note change of reference range 23 Oct 2022

(Range: 1.7 - 7.7)

LH

2.0 IU/L

Male - LH (IU/L)

1.7 - 8.6

Female - LH (IU/L)

Follicular 2.4 -12.6
Ovulation 14 - 95.6
Luteal 1.0 - 11.4
Post-meno 7.7 - 58.5

Please note change of reference range 23 Oct 2022

(Range: 1 - 11.4)

Oestradiol

x 1457.0 pmol/L

Male - Oestradiol (pmol/L)

41.4 - 159

Female - Oestradiol (pmol/L)

Follicular: 114 - 332
Ovulation: 222 - 1959
Luteal: 222 - 854
Post-meno: < 183

(Range: 222 - 854)

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Supporting Information

Why are you taking this test?
Optimise diet and lifestyle

How were you hoping this test could help you?
Unanswered

What date did you take your sample?
15th Apr 2025

What time did you take your sample?
08:30

Do you have regular blood tests to monitor your kidneys?
No

About your periods
I have regular periods

Are you pregnant?
No

What was the first day of your last period when you took your sample? (If you haven't taken your sample yet, please answer this question when you have.)
22nd Mar 2025

What is your cycle duration? (first day of your period to the day before your next period e.g. 28 days)
28

Do you take hormonal medication such as hormone replacement therapy or the contraceptive pill?
No